

# Receiving the gift of limits

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## SMALL GROUP NOTES

*Tom Shaw*

### Theme and outline

On Sunday we looked at the fourth biblical principle of maintaining emotional health; receiving the gift of limits. We looked at how God-given limits are a legitimate principle that we see through the bible; especially as you look at the life of Jesus and John the Baptist in the gospel. We heard that receiving the gift of limits can be a true struggle, even when you get the biblical basis for it! We live in a time when we are constantly told that you can achieve anything (!) if you work really hard – and this can make us a people that constantly feel the need to say yes when things are asked of us, or we find ourselves in particular situations. We heard that if we do not realise this we can be a people who burn out – if we do not operate within our God-given limits. However... we were given very practical and useful tools to enable us to become a people who are aware of our God-given limits, to help us walk in these freely and live lives in joy! Tom's three points were:

1. Limits are legit – they are a biblical principle
2. Limits need to be looked for
  - a. Know who you are
  - b. Know where you are at
  - c. Know when you are weak
3. Limits need to have an expression
  - a. Emphasis self-care – stewarding ourselves
  - b. Set limits on invasive people
  - c. A freedom to say no
  - d. Teach boundaries – we are together, but separate.

### Scriptures

Matthew 25:14-21, Matthew 4:1-11.

### Questions for discussion

1. Are you aware of the limits in your life in this current season? How do you cope with staying within these?
2. Do you feel like there is an abundance to do with so little time to do it in? What 'limits' are you living with which you feel are a cause for frustration rather than freedom? How can you live in these joyfully?
3. In what situations do you find it difficult to say 'no'? Consider why it may be difficult.
4. Are you aware of the signs of when you are living outside of your limits? Is this something you are living with now? Maybe break off and pray for one another.

### Tags

Limits, self-care, freedom, life